

Cougars Wellbeing Newsletter

September 2022 | Issue 25

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Butternut Squash Soup
Kick off the beginning of fall with this flavorful soup! (Page 12)

AUGUST
RAFFLE WINNER:
\$50 Amazon Gift Card

Kim Hatchet

CONGRATULATIONS!

SEPTEMBER

Health Observances & Virtual Classes

<p>Alzheimer's Awareness Month</p> <p>Alzheimer's Disease International (ADI) https://www.worldalzmonth.org/</p>	<p>Cholesterol Education Month</p> <p>Centers for Disease Control and Prevention https://www.cdc.gov/cholesterol/communications-kit.htm</p>	<p>Suicide Prevention Awareness Month</p> <p>National Alliance on Mental Illness (NAMI) https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month https://suicidepreventionlifeline.org/chat/</p>	<p>Blood Cancer Awareness Month</p> <p>Leukemia & Lymphoma Society https://www.lls.org/</p>	<p>Childhood Cancer Awareness Month</p> <p>American Childhood Cancer Organization (ACCO) https://www.acco.org/childhood-cancer-awareness-month/ CureSearch https://curesearch.org/</p>
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S	MON	TUES	WED	THUR	FRI	S
				1	2	3
4	5	Class: Suicide Prevention and Awareness 1:00 pm EST	6	7	8	9
11	12	Class: Nutrition for the Prenatal and Postpartum Mom 1:00 pm EST	13	14	Class: Daily Stretching and Workplace Ergonomics 1:00 pm EST	15
18	19	20	21	22	23	24
*Event times are subject to change						

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"ACCELWELL"

Contact Us

Email: coach@accelwell.com

Your Coaches are here for you!

SEPTEMBER

Fall is almost here!

We started a new semester and we are excited about new opportunities. We have four months left in 2022. I challenge you to reflect on the eight dimensions of wellbeing (physical, emotional, financial, occupational, social, intellectual, spiritual, and environmental). What would you like to accomplish in any of these areas over the next few months? We are here to support you in your wellbeing journey.

Dr. Nic

National Cholesterol Educational Awareness Month

What are risk factors for high cholesterol?

Family history of high cholesterol can play a role for some people. It's possible to inherit genes that can cause too much cholesterol in the body. Other associated factors that can raise your risk for developing high cholesterol include unhealthy lifestyle choices, getting older and certain medical conditions. Some lifestyle factors, like these, can contribute to high cholesterol:

- An unhealthy diet
- Lack of exercise
- Smoking or being around tobacco smoke
- Being overweight

How can I lower my cholesterol?

Lowering cholesterol through healthy habits, like diet and exercise is a great place to start — plus regular trips to your doctor for a lipid panel. Here are 3 lifestyle tips:

- **Physical activity:** Exercising most days of the week may help raise your good cholesterol levels. Plus, aerobic activity helps keep your heart healthy something extra important if you're struggling with poor cholesterol. Pencil in a 30-minute walk, enjoy a bike ride or pick up a sport.
- **Diet:** Lowering cholesterol with diet can be really effective, especially when you work to limit saturated and trans fats. In fact, there are specific diets dedicated to heart health, like the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet. Foods to help lower cholesterol include things like fish, nuts, avocados and much more.
- **Don't smoke.** Or, consider quitting. Tobacco lowers your healthy cholesterol. Plus, a smoker with unhealthy cholesterol levels is at a greater risk of coronary heart disease compared to a smoker with healthy cholesterol.

Resources: [Cholesterol | American Heart Association](#) | [Cholesterol Information | cdc.gov](#) | [Understanding Cholesterol Levels and Numbers \(clevelandclinic.org\)](#)

Sickle Cell Awareness “Sickle Cell Matters 2022”

The Facts

- About 1 in 13 African Americans carry the sickle cell trait, and many do not know they have it.
- An estimated 100,000 people in the U.S. have SCD. • Approximately 2,000 babies are born with SCD annually in the U.S.
- On average, diagnosis is made at birth.
- People of many ethnic backgrounds can have SCD.
- Latinos have the second most common incidence in the U.S.

The blockage of blood flow caused by sickled cells leads to complications including:

- Chronic severe and unpredictable pain
- Anemia
- Frequent infections
- Swelling in extremities
- Fatigue
- Delayed growth
- Vision problems/blindness
- Lung tissue damage
- Kidney disease
- Stroke
- Shortened life expectancy
- Damage to hip joint

Sickle cell disease is a global health problem.

What you can do:

- Donate blood to support transfusions.
- Advocate for better treatment, education and research.
- Educate others about sickle cell disease and sickle cell trait.
- Get tested for sickle cell trait if you are of African descent and do not know your status.
- Support SCDA as we search for a universal cure.

[National Sickle Cell Awareness Month - Sickle Cell Disease Association of America Inc.](#)

#sicklecellawareness

(source:www.sicklecelldise.org)

Matrix Tip

Spend More Time Thinking

Do you automatically look at your smartphone at the slightest lull in activity? Researchers discovered that people enjoy being immersed in their own thoughts instead of technology in a research experiment that asked them to make a choice not to pick up their device. Self-awareness is the key to overcoming the reflex to pick up the phone. The upside to spending time with your own thoughts is that you'll soon be solving more problems, improving the creative parts of your mind, and making more decisions that lead to the life you want more quickly. Do you ever feel stressed out often, or like you just need that little extra push most days? If you answered yes to these questions, then contacting a professional may be the answer.

Source: <https://www.apa.org/news/press-releases/2022/07/thoughts-mind-wande>

(The Matrix Monitor)

You can register for webinars or view archived webinars through your member login at www.matrixpsych.com

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the “Work & Family Resources” link to register

2022 Financial Wellbeing:

Preparing you for expected & unexpected changes!

Financial Tip

Voya Financial

9/14/22 12pm- Retirement Wellness: This seminar provides a general understanding of how STRS & SERS pay in retirement; explains Gap Analysis; and explains how 403b's & 457's can help you achieve your retirement goals. Barnett McGowan, JD, Investment Advisor

[Retirement Wellness](#) (click to join)

BMI Federal Credit Union

9/21/2022 11am -Smart Money-Saving- Nancy Sullivan-Graf-Financial Literacy Educator
Master mindset, habits, and motivation to create/enhance financial saving goals.

[BecomingSaver](#) (click link to join on zoom)

Meeting ID: 821 1712 4895

Passcode: 847510

Please check out these financial resources.

Prudential Financial Resources:

<https://www.prudential.com/financial-wellness/A91B2070C1BF67BAF59BD840CAD856CDEF722BCC34701369916F643A89D30A87>

BMI Federal Credit Union

Financial Education: [BMI Federal Credit Union](#).

BMI Financial Resources: [Columbus State Community College \(bmifcu.org\)](#)

Recreational Cooking Classes and More

[The Mix – at Columbus State \(csc.edu\)](#)



TUE
SEP
13

CancerBridge Virtual Support Series

Prostate cancer 101: the basics of modern screening, diagnosis, and treatment 11am EST

Join us to learn about your role in prostate health and the current recommendations for prostate cancer screenings featuring Dr. Shawn Dason from The OSUCCC- James Cancer Hospital.

<https://my.demio.com/ref/XxY1go7U8XAxubUf>

MON
SEP
19

Rally Coins/Benefits Session

11am EST

Nichole Bowman-Glover, Wellbeing Benefits Analyst will review the Rally Coin program for those who are on United HealthCare. Remember the Rally coin cycle runs from July 1, 2022 through June 30, 2023. The coins apply to employees on the health plan and covered spouses. Jason Love, Benefits Analyst, will review benefits and address any questions.



New cycle July 1, 2022-June 30, 2023 8 coins. If you have questions, contact Nichole.

[Rally.BenefitsSession](#)

(click the link to join)

THU
SEP
22

Telephonic Health & Nutrition Coaching with Emily Bailey, RD, CSSD, LD, NASM

Private Sessions Available 10:00am – 3:00pm EST

HOW TO SIGN UP:

From your AccelWELL portal or app, select the **Upcoming Events image** on your dashboard or select “Events” from the menu options, then choose the available coaching event by clicking **Details**. Select a timeslot and click **Register**. *Contact coach@accelwell.com with questions or for support.



TUE
SEP
27

Day of Service

There are more than 1,000 spots to serve in the Columbus State community. Virtual service opportunities are also an option. **Sign-ups will be open until Thursday, September 15.** As in the past, an array of sites is available, from food banks and shelters to community gardens and arts organizations. ([See a preview of sites.](#)) Let's see what impact we can make in just one day, spread the word!

[RSVP today](#) to secure your site. On the link, scroll down to “Additional Information,” where the first few sites are listed. Below those, you can click on “View more events” to see additional sites available for volunteer opportunities. Email dos@cscce.edu with questions.

THU
SEP
29

Sickle Cell and Blood Donors Seminar Faith Foundation & Versiti

12pm (Via Teams)

This presentation will explain the basics of sickle cell disease and trait. It will also explain how you can help in the work to address sickle cell.

[SickleCellandBloodDonors](#)

AccelWELL Event

September Hydration Challenge!

Earn a raffle entry to win a Hydro Flask Water Bottle for participating!

We invite you to participate in the 30-day, September Hydration Challenge to help you focus on hydration for your health!

YOUR GOAL:

Track at least 1,600 ounces of water using the **Health Trackers** tab on your AccelWELL portal from 9/1 – 9/30.

*That's 64 ounces per day for a minimum of 25 days!

Access the AccelWELL 2.0 Portal & App!

Welcome to AccelWELL 2.0! Get ready to achieve your health and wellness goals with the all new AccelWELL 2.0 wellness app and portal! And with our new Healthy Path companion app, you can now have the same portal experience from your mobile device! Get started by following the steps below to create your new account from either a computer web browser or through the app.

Create your account

1. Select your method of signing up
 - a) From a web browser, visit [Wellness Onboarding \(accelwell.com\)](https://www.accelwell.com) and select **Sign Up**
 - **Tip:** Add the website address to your "Favorites" so you can easily access your account and stay engaged with your progress.
 - b) Download the **Healthy Path** app from the App Store/Google Play Store, then search for **ACCELWELL** when prompted to search for an organization within the app.
2. Enter your email address and click **Submit**
3. Enter the activation code sent to the email you provided, then click **Submit**
4. Confirm your Date of Birth and Employee ID #, and click **Continue**
 - Please note, your Employee ID is based on the formula **"CSCC + Your 7-Digit Cougar ID Number"**(example: CSCCXXXXXX)
5. Fill in all fields on the Create an Account page and then click **Create Account** at the bottom
6. **Agree** to the terms of use

If you have program questions or need assistance creating your account, please email coach@accelwell.com for support.

Wellbeing Resources

Matrix Online Resources (all employees)

You can register for webinars or view archived webinars through your member login at www.matrixpsych.com

Go to <http://www.matrixpsych.com/Employee-Assistance-Programs/Employee-Resources.aspx>

-drop down to your company name

-click on the "Work & Family Resources" link to register

Matrix Employee Assistance Program (EAP): No cost - call (614) 475-9500 to make an appointment.

Counseling (virtual/in-person): full time employees, spouses & dependents up to 8 visits & regular part time, spouses & dependents up to 3 visits.

UHC-Behavioral Health Benefit - www.myuhc.com (search under "Find Doctor" type in mental health) copay applies for PPO and deductible and Coinsurance applies for the HDHP.

Mental Health America Ohio-pro bono counseling- (anyone) (614) 884-7227

[Pro Bono Counseling Program – Mental Health America of Ohio \(mhaohio.org\)](http://www.mhaohio.org)

988 Crisis & Suicide Lifeline

The Lifeline provides compassionate, accessible care and support via phone, text, or online chat to anyone experiencing mental health-related distress. You can use **988** if you have thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. You can also **dial 988** if you are worried about a loved one who may need crisis support

CSCC Victim Advocacy Services

Victim Advocacy is available on Columbus Campus

Wednesdays & Thursdays 9:30am - 6:30pm.

Virtual assistance is still available!

Mondays, Tuesdays, & Fridays

To make an appointment: victimadvocacy@cscce.edu

We can chat face-to-face, online, or via telephone call.

Are you a survivor of IPV/domestic violence, or human trafficking?

Any member of the Columbus State community can receive support, information and resources from Victim Advocacy. Contact Advocate Corey Harris directly at 614-287-2198, or charris12@cscce.edu.

Columbus State Victim Advocacy provides support and resource information to victims of traumatic crime, **regardless of when or where** the crime occurred.

Victim Advocates maintain survivors' privacy while providing supportive services; however, if you would like to speak with a *confidential resource*. Faculty and staff members can access the college's **Employee Assistance Plan (EAP)** through Matrix for confidential services.

Employee Resource Groups

Employee Resource Groups (ERGs) are employee-led voluntary groups organized around common interests, characteristics, or affiliations; these groups were created to foster a sense of belonging and are integral to Columbus State's commitment to advance workplace diversity and inclusion, facilitate networking and connections, and promote professional development.



Reach out to the contacts for meeting information:

ERG Strategy & Operations Manager -Liz Rose-Cohen

African/African American - Royce Carpenter & Michelle Baker

Caregivers - Melissa Lamar

Faith in Parenting - Debbie Strain

Prism LGBTQIA + - Michael Hicks, George Johnson-Gamm, Katina Fitch

Womens - Crystal Clark & Kelly Hogan

Workout of the Month

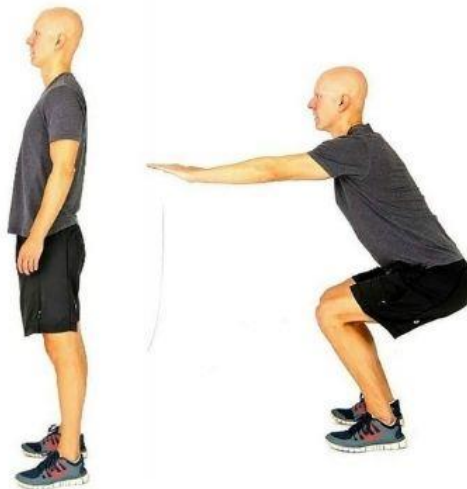
September Squats

Strengthen your quads, glutes, hamstrings and core by completing a full month of daily squats! September 1-7: 25 squats per day. September 8-14: 50 squats per day. September 15-21: 75 squats per day. September 22-30: 100 squats per day. Feel the burn and AccelWELL!

How to do a Squat

THE ROUTINE

1. **START** with your feet a little wider than hip-width apart, toes straight ahead.
2. **KEEP** your hips back, bending at the knees and ankles and pressing your knees slightly open as you...



3. **SIT** into a squat position, going as deep as you can while still keeping your heels and toes on the ground, chest up, and shoulders back.
4. **PRESS** into your feet and straighten your legs to return to the standing upright position.

BODY CHECK

Execute the move as if you were going to sit in a chair placed behind you. This will help ensure you are driving your hips back.

- ✔ Go as deep as you can comfortably. If you have knee issues, don't go deeper than a 90-degree angle with your thighs parallel to the floor.
- ✔ Keep your heels "glued" to the floor as you squat and think about driving them into the ground as you straighten your legs to return to the starting position.
- ✔ Think about pressing your knees outward to keep your knees in line with your toes. Do not let your knees cave in.
- ✔ Do allow your torso to tilt naturally as you squat. (Just don't collapse your chest or round shoulders forward). If you're too erect, your hips cannot release properly and you'll put too much strain on your knees.

To prevent injury, form is critical when performing all exercise. Please reach out to coach@accelwell.com if you have any questions about the movements and how to perform them correctly. It is always recommended to consult your physician to assess your individual medical status and specific needs prior to making any major changes to your dietary intake and/or exercise regimen.

Embracing Change



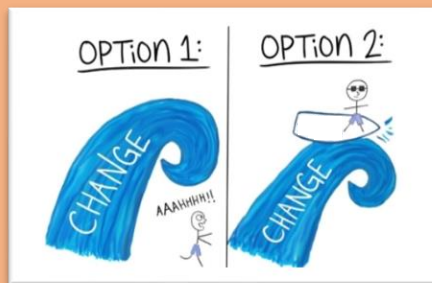
The Importance of Embracing Change

The core definition of embracing change refers to cultivating an attitude of accepting change as a positive development and integrating it in your life without fear. Change has three key benefits. It pushes you to:

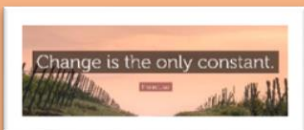
- Learn new things
- Master new skills
- Become wiser, fearless, adaptive, and positive

Ways To Embrace Change at Work

1. Review Where You Stand and Identify the Problem Areas
 - Before you start looking for ways to embrace change, you need to identify what the change is and how it will impact you. Many people think that any change which throws our plans off-course is undesirable. However, it is important to not feel pessimistic or lose hope. Review where you stand after things settle down. Identify the areas which need attention and allocate resources to them.
2. Adapt To Change with Timely Action
 - Taking timely action after adversity or change will enable you to embrace change.
3. Overcome Your Apprehensions
 - Change brings with it uncertainty and risk of failure. It is natural to feel some worry and anxiety when the path ahead is unclear. However, uncertainty shouldn't breed inaction under any circumstances. One must focus on the options they have to adapt and respond to the change. Overcome your apprehensions and make what appears to be the choice with the best chances of success.
4. Avoid Self-Criticism
 - Blaming yourself for a problem does not solve anything. Embracing change implies that you don't see change as adversity, but an opportunity to improve yourself or try new things. You need to be positive about your situation, capabilities, and ability to adapt to change.



The 3 As of dealing with setbacks are Accept, Assess, and Act. First, accept that the setback has happened. Then, assess the situation and your options. Finally, act on the best possible option.



Voluntary Change

Not all change is involuntary. It is important to assess your working style and productivity from time to time. You may find that you need to make changes to your working style or plans to reach your full potential and excel in the workplace.

First/Last Name & Organization: _____

Activity of the Month

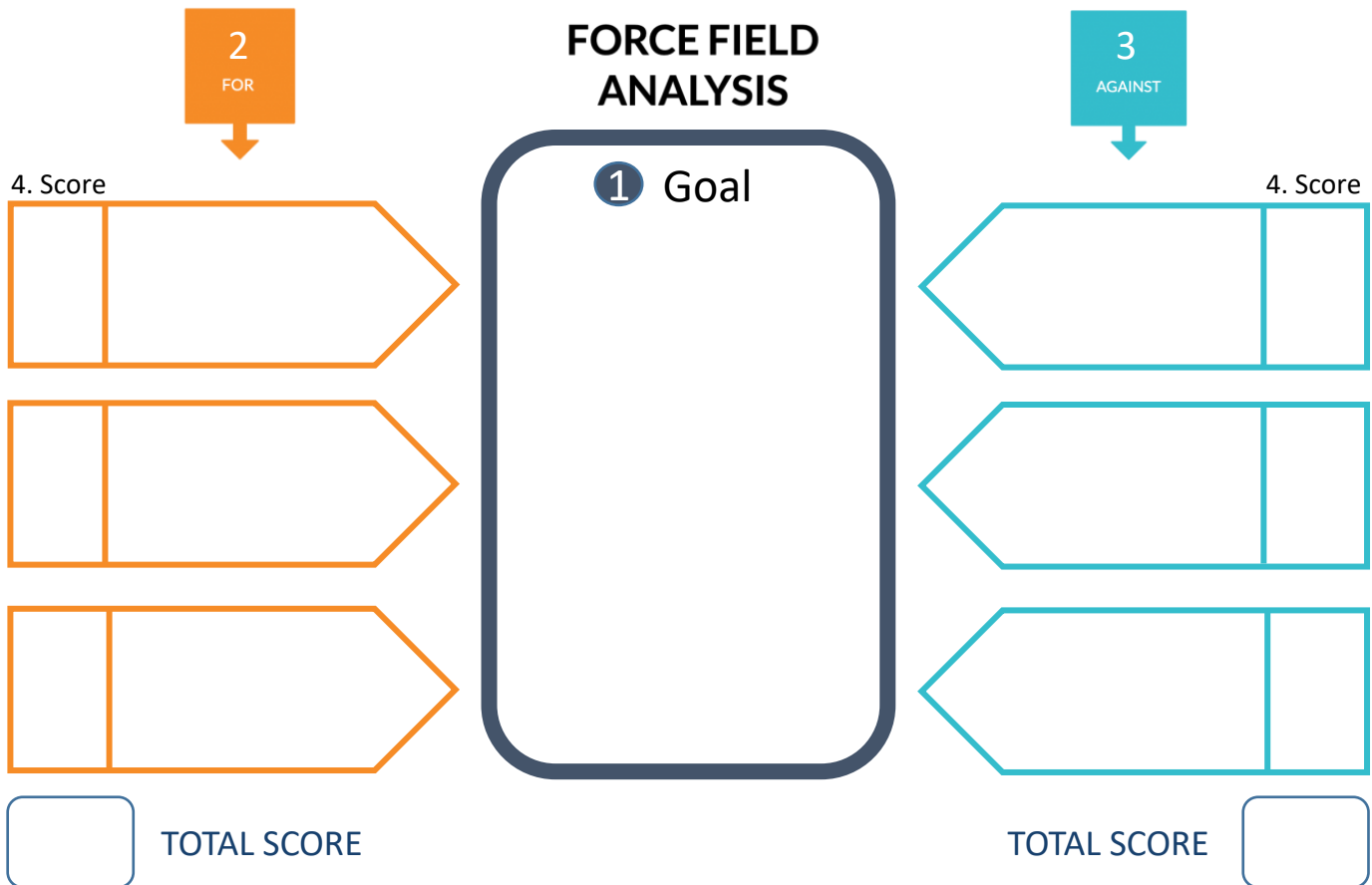
For this month's activity complete steps 1-5 to practice the Force field Analysis Method. The Force Field Analysis Method is a tool and decision making technique that helps increase the chances of success when trying to make a change.

1. Define the goal/objective of the change you want to accomplish.
 2. Identify and list all driving forces **for** the change.
 3. Identify and list forces pushing **against** the change.
 4. Assign each force an impact score (1-10: 1 being least impactful and 10 being most impactful).
- *Note: different forces can have the same number or score.
5. Propose solutions to help positively influence the change toward the goal you want.

Ex. Vegetables are high in nutrients. **(10)**

Goal: Consume a vegetable serving at every meal

They go bad quickly **(6)**



5. If your "against" forces have the higher score, on your own time, implement a plan and adjustments to help those forces positively influence the change toward the goal you want.



The Dish:

Healthy Recipes Curated By AccelWELL

Butternut Squash Soup

Ingredients (Serves 6)

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

For Serving:

- Chopped parsley
- Toasted pepitas
- Crusty bread



Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

Source: <https://www.loveandlemons.com/>

Organic Produce & Pesticides:

Some types of conventionally-grown produce are much higher in pesticides than others and should be avoided when possible. Others are low enough that buying non-organic is relatively safe. See below for produce that may be best to buy organic (much higher in pesticides) vs. produce that is okay to buy non-organic (much lower pesticides)!

Aim to buy organic:

Apples, sweet bell peppers, cucumbers, celery, potatoes, grapes, cherry tomatoes, kale/collard greens, summer squash, nectarines, peaches, spinach, strawberries, hot peppers.

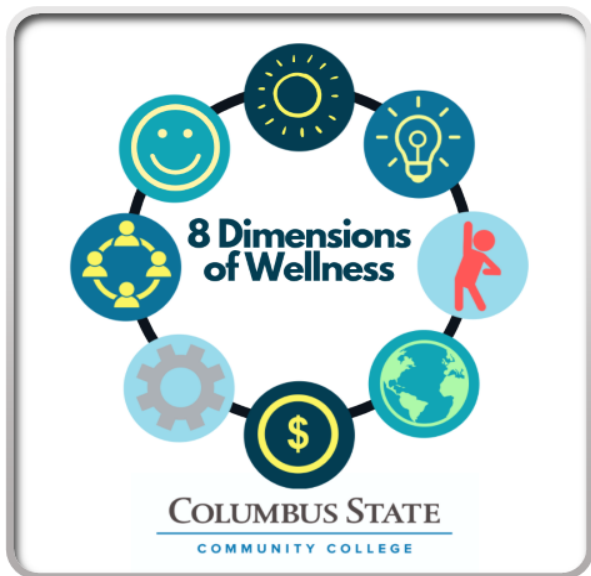
Okay to buy non-organic:

Asparagus, avocado, mushrooms, cabbage, sweet corn, eggplant, kiwi, mango, onion, papaya, pineapple, sweet peas, sweet potatoes, grapefruit, cantaloupe.


COACH'S TIP

Your Wellbeing Advisory Committee:

Nichole Bowman-Glover, PhD, Wellbeing Benefits Analyst



Averee Fields, Delaware Campus

Tommy Tucker, Mitchell Hall

Amanda Cecil, College of Recreation & Wellness

Pete Hackman, Food Services

Vena Hill, Human Resources

Jason Love, Human Resources

Jackie Miller, Nursing Department

Jolene Broshious, Equity & Compliance

Yvette Johnson Veterinary, Imaging & Surgical
Technology Department

Katherine Lopez, Facilities Management

Terrence Lawrence, Inclusive Advising Innovation

Join us on Microsoft Teams: **"Cougars Living Well"**

Join Us Today!

Cougars Living Well is a place for you to engage in conversations about health and wellness, share resources and words of encouragement, and receive updates about all of the wellbeing services and resources available to you. To join this public Team, **log into Teams, click "join or create a team," search for *Cougars Living Well* and click "Join team."** If you have questions or need assistance joining *Cougars Living Well*, please reach out to Jason Love/Jolene Broshious..

Follow Us on Social Media!



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